



CULPEPER MINUTES

A Publication of the Culpeper County Board of Supervisors

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This newsletter is a quarterly publication to the citizens of Culpeper County by the Board of Supervisors. It is designed to present and provide information about issues affecting those who live in Culpeper. Almost 20,000 copies are distributed, one to each mail address in Town, County, and to each U.S.P.S. Box within the Town and County of Culpeper.

The newsletter is also available online www.culpepercounty.gov
Comments and suggestions may be emailed to: dhoffman@culpepercounty.gov

ISSUE TWENTY-EIGHT

MAY 2007

A Message from the Board of Supervisors

Dear Citizens:

I hope that this issue of the Culpeper Minutes finds you well. Spring has arrived and by the time you receive this, the fiscal year '08 Budget will be complete. Balancing capital needs for major facilities on the horizon, such as a new jail, has been a difficult process. The growth in the community provides increased revenue, but also greater costs for services. We have done our best to prioritize projects, to time them appropriately, and to focus on careful financial planning in order to address our needs as economically as possible. You are all aware that property reassessment has been completed. Based upon the substantial increase in property values over the last four years, the actual tax rate has been reduced substantially from the current 89 cents per \$100 value. The equalization rate was 52 cents. The Board, as always, has tried to avoid raising the tax rate any more than absolutely necessary to meet the needs of the community.

Let me take a moment to talk about where we are in Culpeper with regard to the future. In 2004 we formed the School Oversight Committee made up of citizens from various disciplines to represent the community in going forward with the building of the new high school. The SOC recommended to both boards that a new high school was needed and should be built as soon as practically possible. The total cost exceeds \$54 million, including soft costs and off site improvements. In order to fund the debt service of this new school, the Board voted to bring the personal property taxes more in line with surrounding communities rather than once again, placing the burden solely on homeowners. Personal Property taxes offer the opportunity to include more of the tax paying public. On the topic of school funding, which is always at the forefront, as it should be, the Board fully understands school funding needs and has in fact, increased the school system budget over 80% in the last 5 years.

To gain some perspective on what your tax dollar has accomplished in the last 5 years, consider the following:

1.	Sports Complex	\$4.5 million
2.	Emergency Operations Center	\$1.0 million
3.	E 911 800 megahertz radio system	\$7.0 million
4.	Boiler and lighting renovations at the high school	\$2.5 million
5.	The High School Annex	\$2.8 million
6.	Eastern View High School	\$54.0 million
7.	New elementary school	\$15.0 million
8.	Revenue sharing for outer loop	\$ 4.8 million

All of this has been accomplished with a current tax rate of 56 cents per hundred.

The new Eastern View High School is progressing on schedule, and a groundbreaking ceremony for the new Yowell Elementary School took place on April 12th. With a substantial amount of new commercial development, and the arrival of Terremark, a lot is happening in our community.

I hope that the Culpeper Minutes continues to be a valuable source of information. Please remember that the Board of Supervisors and Administration are here to assist you. Do not hesitate to contact any Board member or Staff member with questions, concerns, or comments.

Thank you.

For the Board,

Steven E. Nixon, Vice Chair
West Fairfax

Larry W. Aylor
Cedar Mountain

William C. Chase, Jr.
Stevensburg

John F. Coates, Chairman
Board of Supervisors
Salem District

Sue D. Hansohn
Catalpa

Brad Rosenberger
Jefferson

Steven L. Walker
East Fairfax

Meetings of the Board of Supervisors are held the first Tuesday of each month: at 10 a.m. for general County business and at 7 p.m. for a public forum, planning business and public hearings. Agendas are available prior to the meetings at the Library and on the County website at www.culpepercounty.gov and minutes are available following the meetings. Video coverage is provided by Channel 21.



Celebrate Independence Day the Culpeper Way

Even though Culpeper is a great place to be every day of the year, the 4th of July is truly something special. In 2007, as Virginia and the nation commemorate 400 years of history since the settlement at Jamestown, Culpeper's 4th of July Event represents Culpeper at its very best! Citizens young and old, new and native, join together to celebrate America's birthday on a grand scale. For the 13th consecutive year, the community will ring with patriotic spirit and pride in a day filled with friendship and laughter for all! Our old-fashioned Independence Day will include a 5K race, games, food, music, horse and carriage rides, and other entertainment. Of course, the celebration would not be complete without the Main Street Parade and the spectacular fireworks display at Yowell Meadow Park!



Schedule of Events



People of all ages, from all walks of life find pleasure and enjoyment in the day's activities. The day is filled with sporting events, patriotic speeches, a festive parade, amusements for children and adults, and musical entertainment. There's something to delight everyone! Among the exciting events planned:

8am FREEDOM 5-K RACE

Sponsored by Gold's Gym in the Southgate Shopping Center. Registration information is available on the 4th of July website. For more information or to volunteer to help with the race, contact Brannon Godfrey (540) 829-8278 or info@culpeper4thofjuly.com.

9am - 3pm YOUTH SOCCER & LITTLE LEAGUE

All tournaments take place in Yowell Meadow Park. For Soccer information, please contact Tim Kearney (Re/Max Crossroads) at (540) 825-1800. For Baseball information, please contact Mark Settle at (540) 547-4358.

10am-3pm CULPEPER RENAISSANCE 4th OF JULY CAR AND BIKE SHOW

A full day show at The Depot and Davis Street in Downtown Culpeper. The show is open and free to all. For more information or to volunteer contact Culpeper Renaissance (540) 825-4416.

Noon PATRIOTIC PROGRAM: READING OF THE DECLARATION OF INDEPENDENCE

Presented by the Sons of the American Revolution (SAR), Culpeper Minute Men Chapter, on the courthouse lawn.

Noon to 4 pm STATE THEATRE OPEN HOUSE

Get a sneak peek inside the State Theatre, a Culpeper landmark.

4 pm INDEPENDENCE DAY - MAIN STREET PARADE

This hometown parade is open to everyone who wants to participate. Download an entry form from the 4th of July website, or contact Noah Simon at 829-8250 or Chuck Stephenson at 829-8260 for more information.

4:30 pm DINNER AND MUSIC IN THE PARK

Food, music, art & craft vendors, and entertainment! For vendor information, visit www.culpeper4thofjuly.com, or contact Kathy Fox, (540) 825-4483.

9:15 pm FIREWORKS

The Grand Finale of a fun-filled day can only be FIREWORKS! Sponsored by the Town of Culpeper and the County of Culpeper.

Rain date: Saturday, July 7, 2007.

Please note that for safety reasons, no dogs will be allowed in the Park during ANY of the 4th of July events.



Culpeper's 4th of July needs you!



Volunteers are an essential part of any occasion, and Culpeper's 4th of July is no exception! It is estimated that 10,000 people attend the celebration each year, and as you might imagine, it takes teamwork to make the event fun and safe for everyone. Join us as a volunteer, and be a part of an event that has been rated the number one event of the year for many years. This event would be impossible without the help of the volunteers, who give of their time and effort to ensure a quality, fun, family gathering for all ages and all walks of life. Please call (540) 727-0611 or email info@culpeper4thofjuly.com to sign up as a volunteer for the July 4th event. Let us know your name, phone number, address, and e-mail (if applicable.)

Sponsorship It is the goal of the Culpeper Festival Committee to bring this celebration to all the people of Culpeper and to make the day affordable for families. However, we need your financial support to make this goal a reality. The Culpeper Festival Committee is a 501(c)3 organization, so your donations to support the event are tax deductible. We invite you to be our partner in giving this gift to the community.

FOR MORE INFORMATION:
WWW.CULPEPER4THOFJULY.COM
(540)829-8278

Congressman Eric Cantor



Constituent Services Available to Constituents of the Seventh Congressional District

It is my honor to serve as your representative in the U.S. Congress, and I would like to take this opportunity to briefly describe some of the constituent services available to you through my office. If you are in need of assistance with the federal government, my staff can serve as a liaison between you and any federal agency. Some of the agencies we regularly work with include the IRS, Social Security Administration, Centers for Medicare and Medicaid Services, and the Veteran's Administration. We can also provide information for constituents needing assistance with visas, passports, and federal student loans.

In addition to serving as your liaison to the federal government, my office can also help you and your family or local school, church or community group plan a trip to Washington, D.C. If you are planning to travel to the Washington, D.C. area, my office can help arrange tours of Washington attractions including the White House, U.S. Capitol, and Bureau of Printing and Engraving.

Requests for White House tour tickets must be submitted between one month and six months in advance of the requested tour date. Tours are available Tuesday through Saturday and are conducted by the White House between 7:30am and 12:00pm. Tickets for White House tours are very limited, and the White House is unable to accommodate every request, so please submit your request as far in advance as possible. For additional information or to submit a tour request, please call 1-800-438-3793 or e-mail the request to cantortours@mail.house.gov.

To request assistance and for more information, please call my office at (540) 825-8960 or (800) 438-3793. You can also visit my website at: <http://cantor.house.gov>

Local Issues

Culpeper Regional Hospital (CRH) recently received some good news. Last year, the Department of Health and Human Services (HHS) was considering re-designating CRH into a more rural population classification. According to projections, this reclassification would have cost the hospital approximately \$2.3 million annually. Senator John Warner and I worked with HHS and hospital officials to preserve CRH's important metropolitan designation. At a time when the cost of healthcare continues to escalate, this is a big win for the hospital and the community as a whole. We must remain committed to expanding access to quality health care for all those in need in the Culpeper community.

Issues in Congress

Immigration continues to be a major concern across the country. The first responsibility of the federal government is to keep America safe. This safety starts at our borders. It is imperative that we differentiate between those coming into our country for a job, and those coming here to do us harm. I visited the border last summer and witnessed firsthand the struggle that our border patrol officers face on a daily basis. The federal government must step up to the plate and secure our borders. I will continue to support efforts to secure our borders and to return integrity to the entry system in our country.

Culpeper County Board of Supervisors

To contact your Supervisor, you may email: supervisors@culpepercounty.gov or call the County Administration Office at 727-3427, or call directly as follows:

Chair
John F. Coates
547-2619
Salem District

Vice Chair
Steven E. Nixon
825-5768
West Fairfax District

William C. Chase, Jr.
399-1218
Stevensburg District

Sue D. Hansohn
825-1893
Catalpa District

Larry W. Aylor
825-0582
Cedar Mountain District

Brad C. Rosenberger
937-4928
Jefferson District

Steven L. Walker
825-7716
East Fairfax District

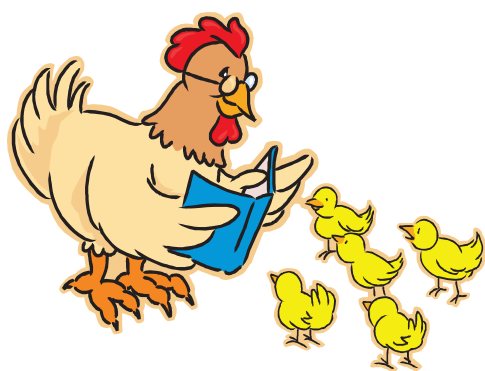
The Board meets
the 1st Tuesday
of each month
10 a.m.
General County Business

7 p.m.
Public Forum
Planning Business
Public Hearings

Agendas are available prior to Board Meetings on the County Website at www.culpepercounty.gov and in the Culpeper County Library

Culpeper County Library

Summer Programs at the Culpeper County Library for Children and Teens



Cuentos para la familia bilingüe Bilingual Story Time

Join us as we read stories, sing songs, do fingerplays ...all in Spanish and English.
It is sure to be a fun time - and it is open to all families!

Reunete con nosotros para escuchar cuentos, cantar canciones, y hacer juegos de mano...todo en inglés y español. Es para toda la familia.

13 de junio June 13th
11 de julio July 11th
8 de agosto August 8th

A las 6:30 de la noche
6:30 pm

GRATIS! FREE

Para más información llame a
For more information call
Jennifer 825-8691

Don't forget Dial-a-Story at 825-0555. It's free.
The stories change each week, so be sure to call often.



Culpeper County Library

271 Southgate Shopping Center

<http://tlc.library.net/culpeper>

540-825-8691

Culpeper County Library (*continued*)

Join the Culpeper County Library

Travel the Virginia Trails with T.J. Reader

Sadie Green
Sales Jugband

Story Times!
Special Guests!
Prizes!
**Registration
begins June 18th!**

Come See
Froggy
June 18 – 23



Snakes Alive!!
July 19th

400 years before Toys R Us,
How do kids have fun?
with Megan Hicks
June 28th

Good Life Theater presents...
TANKA TALES!!!!
June 21st

Join T.J. Reader for Culpeper County Library's
2007 Summer Reading Program!
June 18th to August 4th

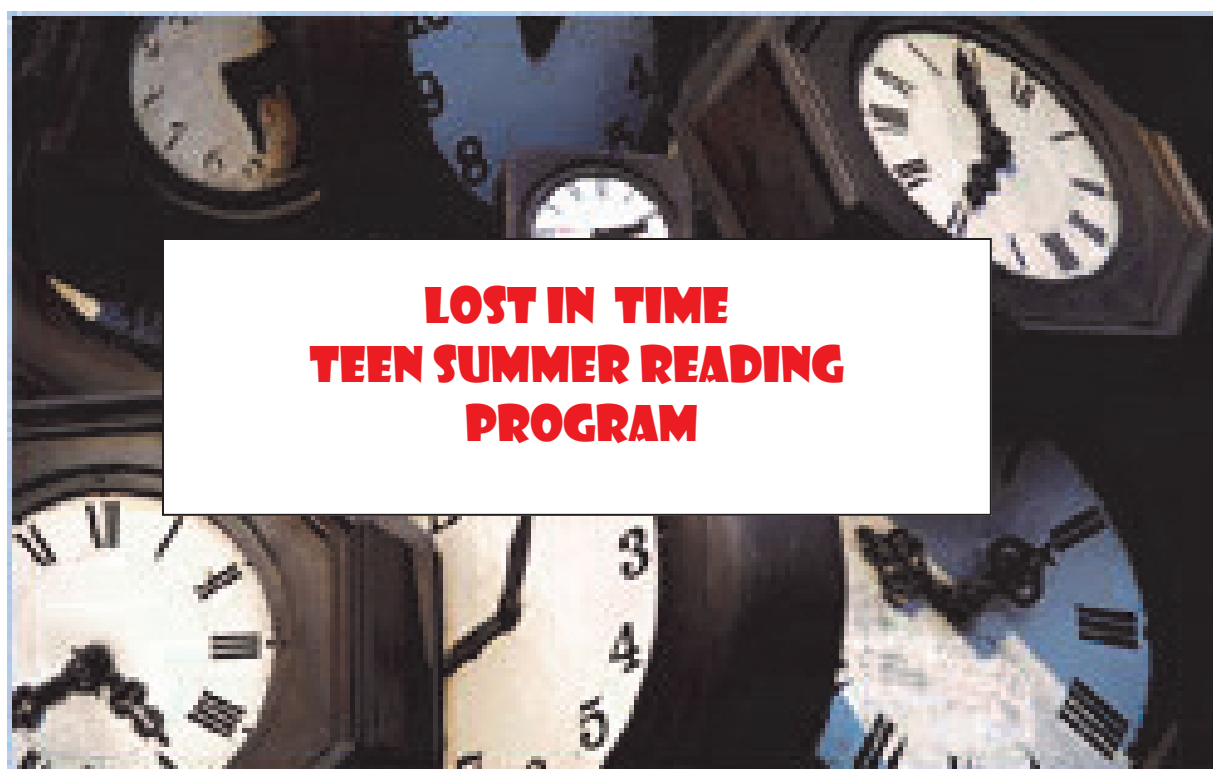
Tuesday Story Times
(for Preschool and School-Age Children)
10:30 and 7:00

All Thursday Special Programs
10:30, 2:30 and 7:00

Culpeper County Library 271 Southgate Shopping Center <http://tlc.library.net/culpeper> **540-825-8691**

Culpeper County Library (*continued*)

The Library's Summer Reading Program is made possible by the Friends of the Library. Summer Reading Program materials are printed with funding through the Federal Library Services and Technology Act administered by the Library of Virginia, and provided at no cost to public libraries in Virginia.



**WANT TO TRAVEL BACK IN TIME? LIKE LIVING IN THE PRESENT?
EVER WONDER ABOUT THE FUTURE?**

THEN BE SURE TO JOIN US FOR OUR TEEN SUMMER READING PROGRAM!

**ACTIVITIES WILL INCLUDE:
CRAFTING WITH MELTED RECORDS! CULPEPER TEEN IDOL!
(FOR ALL KINDS OF TALENTS!)
HARRY POTTER BASH!**

**REGISTRATION BEGINS JUNE 18TH
KEEP YOUR EYES PEELED FOR MORE INFORMATION!**

Culpeper County Library

271 Southgate Shopping Center

<http://tlc.library.net/culpeper>

540-825-8691

Culpeper County Library (continued)



ANIME CLUB @ the Library

Be sure to join us for our new Anime Club.
We'll have discussion about anime and watch the latest films
the library has received!

May 23rd, June 27th, August 29th 4:30 to 6:00 pm

Want more info?
Call 825-8691



Looking for a Good Book to Read?

Maybe you think you don't have time to read, even though you wish you did. Maybe you've read everything by your favorite author and wonder what else you would enjoy. Maybe you're a teacher looking for ways to entice your students into reading...Maybe you need to make a visit to your local Library – or not! From the Library's computers or any other Internet connection, you can visit the Library's web page and take advantage of three online resources that will increase your reading pleasure:

So many books, so little time. For all you busy people, your Library has a new service: an Online Book Club that delivers books electronically. Signing up for the service is quick, easy and free. You do not even have to have your Library barcode number. Once you sign up, the Library will email a 5-minute portion of a book to you each day, Monday through Friday. By the end of the week, you will have read two or three chapters of the book, and you can decide whether or not you want to finish reading the book by checking it out from the Library. Each week we will feature a new title.

You can choose from 11 different book clubs including Fiction, Non-Fiction, Romance, Business, Good News, Teen, and Mystery. You can also listen to Audio Books in your email. If you are interested in finding out what a new book is like before it is even published, you will want to try the Pre-Publication Club. Now you can discover great books, even if you're too busy to visit the Library.

Look for the Online Book Club's link under "Books & Reading" on the Library's main web page at <http://www.cclva.org>



NoveList is a fiction database that provides subject heading access, reviews, annotations, and much more for over 135,000 fiction titles. It also includes other content of interest to fiction readers, such as Author Read-alikes, What We're Reading, Book Discussion Guides, BookTalks, and Annotated Book Lists. For school media specialists and teachers there are Picture Book Extenders and articles on Teaching with Fiction.

One of NoveList's best features is their collection of Author Read-Alike articles which are linked under the "For Readers" tab. You can also do a regular search in their database and click on the "Find Similar Books" button once you've found a title that you have enjoyed. NoveList has a "School Resources" tab with helpful ideas for using picture books, booktalks for children and young adults, and other ideas for "Teaching with Fiction."

You can find the link to NoveList on the left side of the Library's main web page at <http://www.cclva.org> under "Books & Reading."

Culpeper County Library

271 Southgate Shopping Center <http://tlc.library.net/culpeper>

540-825-8691

Culpeper County Library (continued)

What Do I Read Next?

Main Menu

What Do I Read Next? includes over 119,700 recommended titles, more than 65,100 plot summaries, and awards information from 566 awards, all to help users uncover new reading adventures, find long-remembered favorites, and discover award-winning titles. Search by genre, subject, author, title, series, and more. A monthly highlights page allows the user to see selections of award winners, upcoming titles, and titles that revolve around different subjects each month. Most books included in the database are either award-winners, bestsellers, or titles from recommended reading lists.

One difference between NoveList and What Do I Read Next? is that NoveList covers only fiction titles, while What Do I Read Next? also includes non-fiction. A particularly helpful feature of What Do I Read Next? is the "Who? What? Where? When?" search which allows you to find books about certain kinds of characters, topics or settings. You can limit to books that take place in a specific time frame, which is beneficial for students who are required to read books set in a specific era, such as during the Civil War.

You can find the link to What Do I Read Next? by clicking on the "Books & Reading" link from the Library's main web page at <http://www.cclva.org>.

Of course, you can always come visit the Library and talk to the staff about books, too. And while you are at the Library, pick up your copy of BookPage, a reader's guide to selecting the best in new books, with a variety of monthly features including author interviews. BookPage is provided by The Friends of Culpeper County Library.

Friends

FRIENDS OF THE LIBRARY BOOK STORE HOURS:

- Monday: 10:30 a.m. – 12:30 p.m.
- Tuesday: 4:00 p.m. – 6:00 p.m.
- Thursday: 5:00 p.m. – 7:00 p.m.
- Saturday: 11:30 a.m. – 1:30 p.m.



Location:

In the Culpeper County Library, at the back, next to the Computer Room.

The Friends of the Library Book Store is a great place to find good reading for yourself and your family for those hot, sticky summer days ahead. We have a wide selection of books, from the latest fiction to the old classics, and from biographies to the sciences, with a little of all in between. Our prices range from free for a small number of items, to a few dollars for the really new books and collectors' editions.

Visit the bookshelf near the entrance to the Library even when the Book Store is closed. There are specially priced newer books, hardback non-fiction, hardback fiction, paperbacks, and a selection of children's and juvenile books. These may be purchased through the Circulation Desk any time the Library is open. Also available at the Circulation Desk are our large, super sturdy book bags for only \$6.00 apiece. Fill one up with your great Book Store finds!

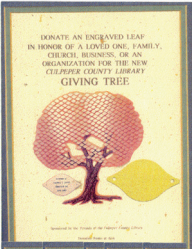
The volunteers of the Friends of the Library Book Store thank you for your support.

Culpeper County Library 271 Southgate Shopping Center <http://tlc.library.net/culpeper> 540-825-8691



The Ash Lawn Opera singers will be coming to the Library on July 8. Watch our website for the time. Their selections this year will be from the Merry Widow and West Side Story. This program is sponsored by the Friends of the Library and Windmore Foundation for the Arts. Donation is \$5.00. Light refreshments will be served.

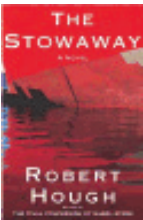
Support the Summer Reading Program and other Library activities by sponsoring a leaf on the Giving Tree, located in the Meeting Room at the Library. Your tax-deductible gift includes a four-line inscription of your choice. Applications may be picked up at the Circulation Desk. The Leaves are dedicated each September at the Friends’ annual meeting.



BOOK CLUB

will meet on the following dates: **Note July 18 is a Wednesday!**

The Stowaway by Robert Hough
June 21, Thursday, at 10 a.m. and 7 p.m.



A Family Trust by Ward Just
July 18, Wednesday, at 6 p.m.

This is also our annual potluck dinner meeting to select books for next year’s discussions (August 2007-July 2008).

These books are available at the Library Circulation Desk or for purchase, at a discount, at The Corner Shelf Bookstore. Read these books and then join us for a lively discussion--new members are always welcome! This Book Club is sponsored by the Friends of the Library.

Hennen Rates Us Best!

The Culpeper County Library came in on top in Virginia for its size, 25,000 – 49,999 population. Hennen’s American Public Library Ratings (HAPLR) ranks libraries across the country based on 15 criteria, including circulation, patron visits, and reference requests to name a few, that are based on 2004 data from the U.S. Federal –State Cooperative Service. We are very pleased to be recognized in this category.



HeritageQuest Online:

The Library has available a “unique, growing collection of research materials for tracing family history and American culture.” Amateur or professional genealogists may now use this “powerful online library, with original page images for all documents,” either at home or at the Library. Simply go to our homepage and link up!

Culpeper County Library

271 Southgate Shopping Center

540-825-8691

The Library would like to remind you that we have Wi-Fi ,or wireless Internet service, for anyone with a wireless connection to their laptop or PDA. The Library has had a T-1 since we opened in 1998. Printers are available for Wi-Fi.

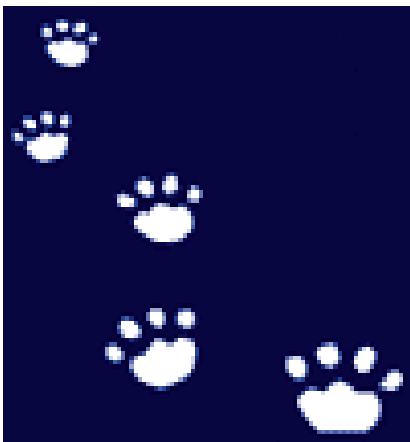
Donate some of your time to a good cause.

The Culpeper County Library is looking for dedicated individuals to help with shelving books or assisting at the Circulation Desk. If you would like to make a positive impact on your community, come join the staff and over 80 volunteers that help to make your Library what it is today!

If you are interested in opportunities that are available, please call Kathy Clevenger, Coordinator of Circulation and Volunteer Services, at 825-8691.

Track Your Books

Library Elf

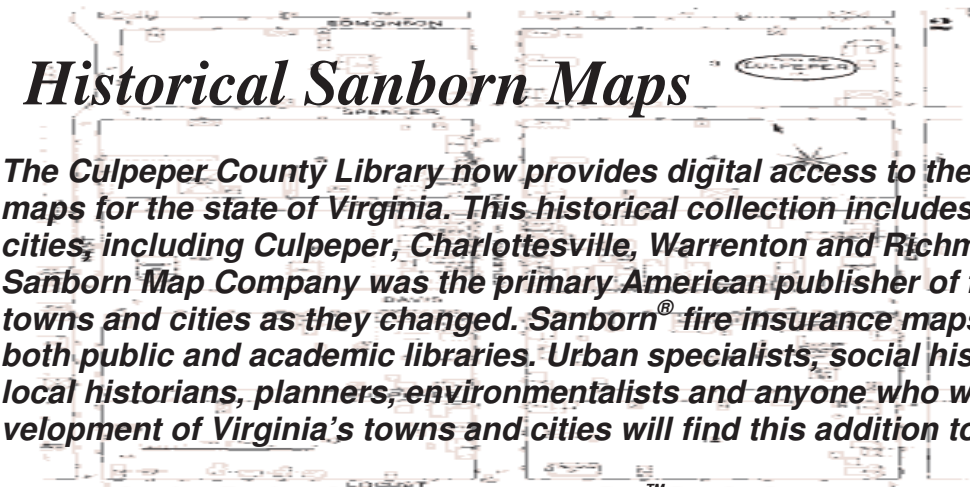


Free Email Service Helps You Keep Track of Library Books

Elf is an Internet-based tool that helps you keep track of what items are due, overdue and ready for pickup. You can keep track of one or more library accounts in one place and receive reminders of when holds are ready to be picked up and when items out are due. Reminders are sent when you want them -- before items are due (up to seven days advance notice). Keep track of multiple cards for family members by registering all of the different cards under one Elf account and have notices sent to one email account. If this service sounds like something that would help you keep track of your library books, sign up for an account at <http://www.libraryelf.com>. You will need your Library barcode number, a PIN number (that you have registered at our Circulation Desk), and an email account.

Elf is an independent service and not affiliated with the Culpeper County Library.

Historical Sanborn Maps



The Culpeper County Library now provides digital access to the entire collection of Sanborn® fire insurance maps for the state of Virginia. This historical collection includes 678 large-scale maps of 132 Virginia towns and cities, including Culpeper, Charlottesville, Warrenton and Richmond. Founded in 1867 by D. A. Sanborn, the Sanborn Map Company was the primary American publisher of fire maps for over 100 years, repeatedly mapping towns and cities as they changed. Sanborn® fire insurance maps are the most frequently consulted maps in both public and academic libraries. Urban specialists, social historians, architects, geographers, genealogists, local historians, planners, environmentalists and anyone who wants to learn about the history, growth, and development of Virginia’s towns and cities will find this addition to the library’s collection to be invaluable.

You may access the Digital Sanborn Maps™ through the library’s web site at <http://tlc.library.net/culpeper>. If you are inside the library, you will have immediate access. If you are outside the library, you will need to enter your library barcode to gain access.

Culpeper County Library

271 Southgate Shopping Center

540-825-8691



Kid Central 2007

Summer 2007

Susan Hensley

KID CENTRAL
1401 Old Fredericksburg Rd
Culpeper, VA 22701
(540) 829-2124
kidcentralculpeperva.com

Director:
Dorenda Pullen
(540) 829-2124

DATES TO REMEMBER:

June 13
Last Day of School

June 18-August 17
Summer Day Camp

July 4th
CLOSED

August 13-17
Road Trips Daily
Arrive by 9:00a.m.

August 17
Last Day of Camp

August 22
School and Before &
After School Programs
Begin

KID CENTRAL is all
about
FUN!

“TIME TRAVELERS”...America 1607-2007

KID CENTRAL 2007 Summer Day Camp

will be wishing America her 400th Happy Birthday. Summer Day Camp will travel through time exploring adventures from 1607-2007.

Activities for the summer will include: Swimming, Skating, Crafts, Art Class, Gym Games, Theme Class, Outside & Inside Sports, Library & Computer Classes, 4-H Clubs and Science Club; plus, special evening programs.

The camp will open each day Monday-Friday at 6:30a.m. and close at 6:30p.m. Kid Central will be closed July 4th.



Each 2-Week Session will include field trips guaranteed to please all children ages 5-12 years.

Trips include: Riverside Theater, Funland, Splash Down Water Park, Brandy Carnival, Leesburg Animal Park, Putt-Putt Mini Golf, Luray Caverns' Maze, Skyline Drive, 4-H Pool, Remington Pool and Dominion Skating Center.

A special thanks to the staff of Pearl Sample Elementary School, who will be the host site this summer. Register at each of the Five Elementary Schools' After School Programs.

This will be a summer of memorable events.

Make sure you are registered for the experience of a lifetime. Camp Begins June 18—August 17. Visit us at www.kidcentralculpeperva.com

ANNOUNCING... Culpeper County Preschool Summer Day Camp (FOR 3, 4 and 5 Year Olds)

THEME...“ONCE UPON A TIME”...Culpeper County Preschool is offering for the first time, Culpeper County Preschool Summer Day Camp. Why send your child to daycare, when you can bring them to the wiggly, giggly summer fun of day camp! That's right! A fun summer program designed especially for the pre-school child in your family. Each child will experience gigantic thrills exploring the world of Dinosaurs, and visiting Dinosaur Land; becoming a Circus Ring Master assisting Wolf Trap's Lula the Clown; and being a Farmer for a Day, while visiting Rocky Top Farm. Each week a new chapter will unfold, with adventures found throughout their favorite storybooks. Stories will be enhanced with Art, Crafts, Music, Dance, Water Games and Play. **Register at 1401 Old Fredericksburg Road. For More Information Call (540) 829-2330.**

Virginia Cooperative Extension Services

What is Playing this Summer?

Linda G. Murphy, Senior Extension Agent
Family & Consumer Sciences

By the time you receive this edition of the Culpeper Minutes, your plans for the summer are probably pretty much decided. For those who are still looking to fill some gaps or just getting started, perhaps this will give you some ideas to consider. Parents who continue to work through the summer while their children are out of school can find it a challenge to keep their children occupied in meaningful activities while they work. For others it is the change in schedule and meeting the needs of the child that can be daunting. If you are a grandparent with visiting grandchildren, you may want to check out what the community has to offer our youth.

Planning is essential to a successful and meaningful summer for both the kids and the family. There are lots of opportunities available during the summer months that may not be available other times of the year. There are sport leagues that allow youth of all ages to engage in physical activity which promotes team work and cooperation. The 4-H program offers summer camp and fun workshops. Parks and Recreation, Windmore, the Library, Scouts, Kid Central, and Salvation Army also offer many opportunities for youth. The faith community schedules many positive youth development activities and events as well. The County web site has links to many of these organizations that can help you plan from home. Once you begin your search, you will find a nice variety.

When planning summer time activities, consider the age of the child, their interests, and what they would like to focus on. Encourage them to explore new things. If a family vacation is in the works, have the youth help with the planning. They might send for brochures on sites of interest or get a book from the library to research their choice. I know families with teens who have the teens take turns selecting the vacation spot each year. Don't forget to set the parameters within which they must work. Some families allow their older children to invite a friend to join them on vacation. This works well if the ages of the children are spaced out, or he/she is an only child.

If travel is to be done by auto, consider side trips to break up a long car ride for children. Plan a variety of activities and games that can be played in the car. Some families have found it useful to have a 'surprise bag' allowing children to select one item at set intervals, such as state lines or a set number of hours. The bag can include games, books, or activities that perhaps are new to them.

Whatever you plan, it is important to have a fun and relaxing summer. And keep in mind you may need to be flexible as plans may change. Have an enjoyable and meaningful summer.

Summer...Make It Safe, Make It Healthy, Make It Fun

Georgette Yates
4-H SCNEP, Senior Program Assistant

Spring has "sprung" and everyone is anticipating "Fun in the Summer Sun!" So, on behalf of Virginia Cooperative Extension's Smart Choices Nutrition Education Program (SCNEP) I want to help you keep the "fun" in your summer by offering the following health and safety tips to avoid serious, heat-related illnesses...

- Got H2O? Drink lots of water to properly hydrate your body. Substitute fruit for traditional sweet treats.
- Keep "cold foods" cold and "hot foods" hot.
- Use mustard instead of mayonnaise to avoid possible food-borne illness.
- Freeze and pack bottled water with lunches; the water will be more refreshing ice cold and will double as an ice pack to keep your lunch safe.
- Use a meat thermometer to ensure that meat is properly cooked.
- Serve "cold foods" directly from a cooler filled with ice, instead of setting them out.
- When dining outdoors, bring water along for hand washing.
- Don't cross-contaminate! Any food preparation tools (including coolers) that contact raw foods should **NEVER** come into contact with cooked or ready-to-eat foods.
- If you have questions regarding food safety or nutrition call the local Extension office at 727-3435.

Frozen Fruit Kabobs

- Ingredients**
Assorted fresh fruit (cubed)
Wooden skewers or coffee stirrers
Lemon juice
Small freezer bags

Directions
Arrange pieces of fruit onto a skewer or coffee stirrer. If using fruits like bananas or apples, sprinkle lightly with lemon juice to prevent browning. Put kabobs in a freezer bag and place in the freezer for at least 2 hours or until kabobs are frozen. Enjoy on a hot, summer day!

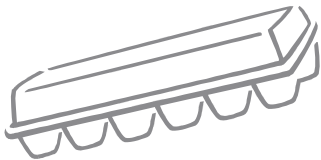


Eggs with Legs

...that means they travel well to picnics!

- INGREDIENTS**
boiled eggs
mayonnaise or yogurt
mustard
relish
salt and pepper
2 large freezer bags
kitchen shears

DIRECTIONS
Crack and rinse boiled eggs. Slice eggs in half; place the yolks in one freezer bag and the whites in another. Add mustard, mayonnaise, relish, salt and pepper to the yolks, seal the bag and mix until well incorporated. Place both bags in a cooler. Right before it's time to eat place egg whites on a platter. Push the yolk mixture to one of corner of the bag and snip the corner. Now, squeeze the mixture into the eggs whites. Garnish with paprika or fresh herbs and enjoy!



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CULPEPER 4-H

The Culpeper 4-H Office has some new faces. Debi Blase joined our staff in September as the 4-H Program Assistant and in March, Cristy Nibblins joined us as the new 4-H Extension Agent. The Culpeper Extension Office is glad to have them on board.

4-H Summer Workshops

The 4-H office has been planning some wonderful, fun-filled, educational summer workshops. The Extension office will be bringing back some of your favorites, as well as adding some brand new and exciting, never-been-done-before workshops. So **please** check with the Extension Office to see what is being offered **NOW**. You can contact the Extension office at 540/727-3435 or check out our web-site: www.ext.vt.edu/offices/culpeper to find out what’s been planned for your 4-H summer fun.

4-H Summer Camp

The Culpeper-Shenandoah-Rappahannock 4-H Jr Summer Camp will be held at the Northern Virginia 4-H Educational Center in Front Royal from June 17-21. There may still be space available. Call the office to find out.

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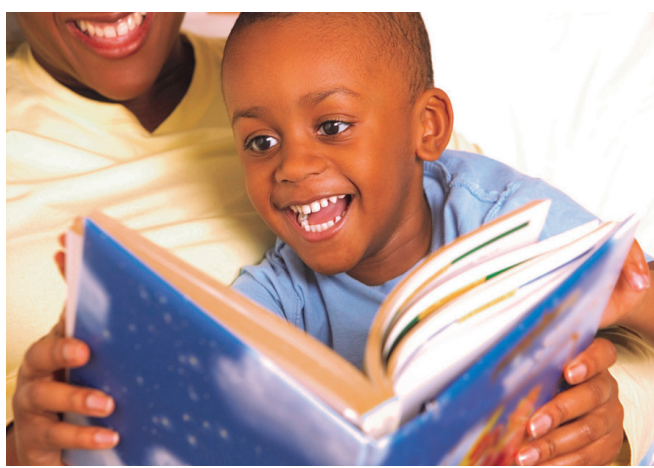
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YOUTH MENTORING



**MAKE A DIFFERENCE
IN A CHILD'S LIFE....
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Contact us today to find out how you can help a local child find his/her way—we especially need male mentors!

**Denise Walker, Program Coordinator
(540) 829-2065 x2313
walker@hfculpeper.org**

Why become a Mentor?

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- ♦ It's a great way to serve your community
- ♦ It works!